

Sound nutrition advice is based on a body of research, not a single study. Science does not proceed by dramatic breakthroughs; it takes many small steps building toward a case of evidence. Due to the complex nature of the scientific process, consumers are encouraged to seek assistance from their physician when interpreting medical literature.

Medical Literature Search Engines

International Food Information Council Review:
How to Understand and Interpret Food and Health Related Scientific Studies,

<http://www.ific.org/publications/reviews/scientificir.cfm>

Health Finder www.healthfinder.gov

National Library of Medicine www.nlm.nih.gov

CAM on Pub Med

<http://www.nlm.nih.gov/nccam/camonpubmed.html>

Computer Retrieval of Information of Scientific Projects

<http://crisp.cit.nih.gov>

Misleading and Fraudulent Nutrition Products and Practice

FTC and FDA Miracle Health Claims, go to

www.ftc.gov/bcp/edu/pubs/consumer/health/hea07.shtm

Quackwatch www.quackwatch.com

National Council Against Health Fraud www.ncahf.org

Healthcare Reality Check

<http://web.archive.org/web/20020527102247/www.hcrc.org>

Consumer Union's Consumer Reports

www.consumerreports.org

The Blonz Guide www.askdrblonz.com

Health Fraud Task Force of California

<http://healthfraudca.org>

Books

American Dietetic Association The Health Professional's Guide to Popular Supplements, 3rd edition.

Allison Sarubin Fragakis, MS, RD, and

Cynthia Thomson, PhD, RD.

Published by American Dietetic Association, @ 2007.

PDR for Herbal Medicines, 4th edition.

Published by Thompson Healthcare, @ 2007.

Feed Your Family Right! How to Make Smart Food and Fitness Choices for a Healthy Lifestyle.

Elisa Zied, MS, RD, with Ruth Winter, MS. Wiley

Publishing, @ 2007.

The New Family Cookbook for People with Diabetes.

American Diabetes Association and American Dietetic

Association. Simon & Schuster

Publishing, @ 2007.

Endurance Sports Nutrition, 2nd edition.

Suzanne Girard Eberle, MS, RD. Human Kinetics, @ 2007,

Your Child's Weight: Helping Without Harming.

Ellyn Satter, MS, RD, LCSW. Kelcy Press, @ 2005.

Periodicals

Environmental Nutrition. Subscriptions:

800-829-5384 or P.O. Box 420234, Palm Coast, FL 32142-0234

or www.environmentalnutrition.com

Harvard Women's Health Watch. Subscriptions:

800-829-5921 or P.O. Box 420068, Palm Coast, FL 32141-0068

or <http://www.harvardhealthcontent.com>

UC Berkley Wellness Letter. Subscriptions:

800-829-9170 or P.O. Box 420235, Palm Coast, FL 32142

or <http://www.wellnessletter.com>

Tufts University Health and Nutrition Letter. Subscriptions:

800-274-7581 or P.O. Box 420235, Palm Coast, FL 32142-0235

32142-0235 or <http://www.healthletter.tufts.edu>

For information about a nutrition product or service,
please contact: Julie Mortimore, RD, Public Health Nutritionist,
(909) 387-6331 jmortimore@dph.sbcounty.gov

NUTRITION RESOURCE ... GUIDE ...



The Nutrition Resource Guide helps consumers locate credible sources for information about nutrition and dietary supplements. Although the Guide strives to provide only science-based resources, inclusion on the Guide is not a guarantee that all of the information from every website, newsletter, or book is accurate or complete.

Nutrition Fraud Awareness Program
www.sbcounty.gov/eatwell

County of San Bernardino Department of Public Health
351 North Mountain View Avenue, Room 104
San Bernardino, CA 92415-0010



NUTRITION RESOURCE GUIDE

General Nutrition Information Websites

Champions for Change www.cachampionsforchange.net
Fruits & Veggies More Matters
www.fruitsandveggiesmorematters.org
Harvest of the Month www.harvestofthemonth.com
Food and Nutrition Information Center
<http://www.nal.usda.gov/fnic>
American Dietetic Association www.eatright.org
National Center for Chronic Disease Prevention and Health Promotion, Nutrition and Physical Activity
<http://www.cdc.gov/nccdphp/dnpa/index.htm>
Healthier U.S. www.healthierus.gov
USDA Center for Food Policy & Promotion
www.usda.gov/cnpp
Nutrition.gov www.nutrition.gov
International Food Information Council <http://www.ific.org>
InteliHealth www.intelihealth.com
Web MD Health <http://webmd.com>
Arbor Nutrition Guide <http://arborcom.com>
Mayo Clinic www.mayohealth.org
USDA Dietary Guidelines for Americans
www.cnpp.usda.gov/DietaryGuidelines.htm

Nutrition Education for Youth

California Project LEAN www.caprojectlean.org
Dairy Council of California www.dairycouncilofca.org
Network for a Healthy California—Children's Power Play! Campaign, Resources
www.dhs.ca.gov/ps/cdic/cpns/powerplay/pp_resources.htm

Seniors

National Institute on Health, Senior Health
<http://nihseniorhealth.gov>
National Resource Center on Nutrition, Physical Activity, and Aging
<http://nutritionandaging.fiu.edu>

Complementary and Alternative Medicine and Dietary Supplements

National Institute on Health, National Center for Complementary and Alternative Medicine <http://nccam.nih.gov>
National Institute of Health, Office of Dietary Supplements, IBIDS and CARDS Databases,
<http://dietary-supplements.info.nih.gov>
Dietary Supplements/Food Labeling (FDA-DSFL)
www.cfsan.fda.gov, search for dietary supplements.
Consumer Lab www.consumerlab.com
Natural Medicines Comprehensive Database
www.naturaldatabase.com
Natural Standard www.naturalstandard.com

While diet is a component of good health, the ability of specific foods or nutrients to influence health and protect from disease is commonly overstated in media. Nutrition research demonstrates the health benefit of eating the amount of fruits and vegetables recommended by the USDA Dietary Guidelines, www.MyPyramid.gov, and participating in at least 30 minutes of physical activity each day.



Cancer

Memorial Sloan-Kettering Cancer Center Information Resource: About Herbs, Botanicals and Other Products
www.mskcc.org/mskcc/html/11570.cfm
American Cancer Society <http://www.cancer.org/>
OncoLink <http://www.oncolink.upenn.edu/>

Diabetes

American Diabetes Association www.diabetes.org
National Institute of Diabetes and Digestive and Kidney Diseases
<http://www.niddk.nih.gov>

Heart Disease

American Heart Association www.americanheart.org
National Heart, Lung, and Blood Institute
<http://www.nhlbi.nih.gov>
Your Heart Your Life
<http://hin.nhlbi.nih.gov/salud/pa/index.htm>

Sport Nutrition

National Center for Drug Free Sport
<http://www.drugfreesport.com/home.asp>
American College of Sport Medicine
<http://www.acsm.org>
Sport Science www.sportsci.org
Gatorade Sports Science Institute www.gssiweb.com

Weight Loss

Diet Reviews by Chase Freedom www.chasefreedom.com
Diet Fraud <http://www.dietfraud.com>
Partnership for Healthy Weight Management
www.consumer.gov/weightloss
Health-e-Weight for Women
<http://www.brighamandwomens.org/healtheweighforwomen>
Partnership for Essential Nutrition
<http://www.essentialnutrition.org/>
The National Weight Loss Registry
http://www.lifespan.org/services/bmed/weight_loss/nwcr

This material was funded by USDA's Food Stamp Program through the California Department of Public Health's Network for a Healthy California. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483. For information about other important community services, dial 2-1-1.